

HALIFAX

metro®

NEWS
WORTH
SHARING.

On the right path

Bicycle Nova Scotia makes it easier for eco-tourists by mapping out five cycling routes
PAGE 3

N.S. scrambles to clarify lobster levy

Fisheries minister says five-cent levy will be pilot project conducted in one region
PAGE 4

Israel decides on 'prolonged campaign'

PM vows to act 'aggressively and responsibly' until military's mission in Gaza is complete
PAGE 6

NO SOUP FOR YOU!

AND NO CEREAL, EITHER. REDDITORS GET A DOSE OF COLD, HARSH REALITY FROM JERRY SEINFELD. USE METRO AR TO FIND OUT WHAT JERRY AND HIS FELLOW COMEDIANS DUBBED THE KING OF SNACKS
PAGE 10



INTO THE FOG

A pedestrian crosses a foot bridge on the Halifax waterfront on Monday in front of a partially fogged-in Tall Ship Silva. Environment Canada is calling for a clear day Tuesday, with rain moving in for midweek. JEFF HARPER/METRO

Local councillor against selling Khyber building

Surplus list. Wayne Mason will table motion seeking comprehensive report on building state, wants staff to assess arts options first.

Khyber's view

"Culture doesn't grow on trees. It's cultivated and grows fast in spaces like the Khyber building — not little back (alley) rooms."

@KhyberArtCentre, via Twitter

The councillor for downtown Halifax says he was surprised to see the old Khyber building pop up on a list of properties coming to council this week to be declared surplus, and is "frustrated" his conversations with HRM staff weren't acted on.

On Monday, Coun. Wayne Mason said his reaction was "Holy Moses!" when he noticed that 1588 Barrington St. had been placed on the surplus list. "I felt really frustrated," Mason said, adding he's aware staff are concerned that renova-

tions will be expensive, but selling the property shouldn't be the first option.

He said regional council has tabled several motions over the past few years directing staff to start attracting tenants to the building, and to set up a joint board with the Khyber Arts Society (KAS) to manage the building.

Instead, Mason said, the building has been mostly empty for the past four years — a very different picture from 10 or 15 years ago when he said people regularly visited the pottery studio, bar, recording space

and art gallery.

Mason said besides the \$4.5 million staff cited as the renovation cost, which seems "crazy," he wants a report on the state of the building with an engineering assessment — and will table that motion Tuesday.

If it will cost more than \$1 million to renovate, Mason said, it might be best to rent another space for KAS on Barrington, but council should be involved in decision-making the whole way. Mason said his motion will direct staff to assess future possibilities for an arts incubator. **HALEY RYAN/METRO**



Long weekends pair nicely with Brunello.

Raise a glass to golf, biking, and summer... just 15 minutes from downtown.

Active listings online! Exit # 3 off the 103 The Links at Brunello on schedule to open June 2015!



**FACTORY
AUTHORIZED
CLEAROUT SALE**

HURRY IN! LIMITED QUANTITIES REMAINING!

**AT O'REGAN'S
DARTMOUTH
HYUNDAI ONLY**

Christmas in July

**3
DAYS
LEFT**

WITH EVERY PURCHASE OF AN ELANTRA/SANTA FE FROM O'REGAN'S DARTMOUTH HYUNDAI YOU CAN PICK YOUR PRESENT



**A TRIP FOR 2 TO FLORIDA
INCLUDING PASSES TO DISNEY**

OR

BONUS

**7 YEAR
WARRANTY
120,000 KM**

OR

FREE WINTER TIRES



2014 **ELANTRA GL** SEDAN



NOW

\$14,264 OR \$39 /WEEK

WAS \$18,449

SAVE \$4,185



2014 "Highest Ranked
Compact Car in Initial
Quality in the U.S."

AIR CONDITIONING, KEYLESS ENTRY, BLUETOOTH PLUS MORE

2014 **SANTA FE** SPORT FWD



NOW

\$23,064 OR \$63 /WEEK

WAS \$26,799

SAVE \$3,735



CANADIAN
UTILITY VEHICLE
OF THE YEAR

*Sale on all in stock models only, while supplies last. Freight, taxes and fees not included. Vehicles not exactly as shown. All offers end July 31st. Pick your present only with O'Regan's financing. See dealer for details.

**WE'LL
BUY YOUR
CAR**

**CANADA'S
BEST
MANAGED
COMPANIES**
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com**

No injuries

Burnside jail fight Thursday involved six inmates

The provincial Department of Justice has confirmed six inmates were involved in a fight at the Central Nova Scotia Correctional Facility in Burnside last Thursday, but no one was admitted to hospital.

On Monday, department spokesman Andrew Preeper said the incident happened at 8 p.m. but did not know what led to the fight.

In an email, Preeper said staff intervened quickly and one inmate was taken to the emergency room to be checked over but was not admitted.

Preeper said the fight was reported to the Halifax Regional Police "as is routine" but the department did not notify the public because it didn't meet the criteria of an offender being admitted to hospital or endangering public safety.

The Burnside facility has made headlines in recent months after multiple stabbings and violent assaults between inmates and guards.

Joan Jessome, the head of the Nova Scotia Government & General Employees Union (NSGEU) that represents the correctional officers, has said the staffing levels at the jail are too low. She could not be reached for comment on Monday.

"Working understaffed in a corrections facility is very dangerous," Jessome told Metro in June. "The job is dangerous and when you work short-staffed, we have a concern."

In an email, Preeper said the department was "not aware of any staffing issues" related to last Thursday's fight.

HALEY RYAN/METRO



Ben Buckwold of Bicycle Nova Scotia shows off some of the new maps that detail cycling routes in the province on Monday. JEFF HARPER/METRO

Grabbing tourists by the handle bars

Highlights. Bicycle Nova Scotia mapping five cycling routes for ecotourists

DESIREE
FINHERT

halifax@metronews.ca

Cyclists are putting Nova Scotia on the map — and in turn, Bicycle Nova Scotia (BNS) has mapped some of the best cycling routes for its ecotourists.

"We know that there are a lot of people coming to Nova Scotia who are interested in cycling but information is hard to come by," BNS spokesman Ben Buckwold said Monday.

"We wanted to fill that information gap."

Up-to-date information about cycling routes is difficult to find online. So BNS has created a website and map series to highlight five routes, paired with travel information.

On the Annapolis Valley route you can sample wineries, orchards, breweries and historical sites. While pedalling the Northumberland Shore you will skirt coastlines and pull-in fishing villages.

"We wanted to pair up good cycling routes with good food and good drinks and interesting attractions," said Buckwold. "That's a little glimpse of what we have now, and that doesn't speak to the potential that Nova Scotia has."

At a glance

Bicycle Nova Scotia's highlighted routes:

- Cabot Trail; Yarmouth-St. Mary's Bay; Blomidon-Gaspereau; Hubbards-LaHave; Pictou-Pugwash. Visit Cyclenovascotia.ca to view maps.

About 40,000 visitors a year — or two per cent of all tourists — cycle while they're in Nova Scotia, according to the Nova Scotia Tourism Agency (NSTA).

"One of our key markets is (that of) outdoor enthusiasts who appreciate local culture and cuisine after a day of adventures, such as cycling," said

NSTA CEO Patrick Sullivan. "We're working to provide them with a variety of coastal cycling experiences including low-traffic roads and multi-use trails."

The figures on cycling tourists come from the 2010 Visitor Exit Survey, which doesn't specify whether tourists were planning to cycle or spontaneously decided to rent a bike to see some of the sites.

"We don't know as much as we'd like to," said Buckwold.

Either way, he said, BNS will expand its map series to chart other routes.

NSTA is supporting the project with \$30,000 under the Tourism Development Investment: Competitive Edge Program.

Vote. Heritage incentives program extended

Halifax councillors have voted to extend a program that provides financial incentives for property owners to spruce up buildings in the Barrington Street Heritage Conservation District Boundary.

A release from HRM says council voted last week to keep the five-year initiative running for another two years in order to use up funding from projects

that were approved but didn't proceed.

The program provides matching grants and tax credits for restoration work.

Applications for the 2015-16 fiscal year will be accepted between Jan. 1 and March 1, 2015.

The value of grants remaining to be used under the program is \$400,000.

METRO

Investigation

Man charged after drug search

An Old Sambro man, 50, is facing a charge after a drug search in Halifax.

A release from Halifax Regional Police states investigators searched a home on Old Sambro Road July 25. Officers seized marijuana and drug paraphernalia and arrested a man on scene.

METRO

Ran off? Murder suspect may have left province

Major crime investigators in Halifax say the man charged with a 2004 murder in Uniacke Square has likely left the province.

Police are still looking for Shilo Marcino Beals, 31, of Cherry Brook.

He's been charged with first-degree murder and weapons offences related to the shooting death of Kevin James Bowser in

July 2004.

A release from Halifax police Monday suggested Beals is "elsewhere in Canada."

Anyone with information is asked to call Halifax Regional Police or Crime Stoppers.

METRO



Shilo Beals
HANDOUT

1 NEWS

Live-tweets from the courtroom impress judge with their quality

E-communication.

Supreme Court chief justice, senior Crown say reporters' tweets during recent trial were accurate and useful

A top judge in Nova Scotia says he is surprised by the positive impact of live-tweeting inside the courtroom after the province's judiciary recently relaxed the rules around electronic communication.

Chief Justice Joseph Kennedy of the Nova Scotia Supreme Court allowed reporters to live-tweet proceedings during the trial of Lyle Howe, a Halifax lawyer convicted of sexual assault.

"I couldn't get over how well it had worked," Kennedy said in an interview.

"I didn't think it was going to be as accurate as it turned out to be. I have to say that I

Quoted

"I'd come back (to my office) occasionally and go on the computer after I'd been to the courtroom. I'd tell my colleagues that I used to have to come back here to find out what happened."

Nova Scotia Supreme Court Chief Justice Joseph Kennedy, joking about the live-tweeting of a recent trial.

was very impressed."

New guidelines governing the use of electronic devices in the courtroom took effect in Nova Scotia on May 15, allowing communication such as tweeting and texting for any purpose, including publication, in most courts, unless otherwise banned by the presiding judge.

The policy places restrictions on tweeting from youth, mental health and family

courts, and do not affect statutory publication bans, including revealing the identity of youths or sexual assault victims.

During the Howe case, senior Crown attorney Darcy MacPherson used printouts of a reporter's tweets as a set of reference notes.

"I was on a break on the weekend and I went online ... and it dawned on me at that moment: I have a great asset here. It's something that I'll be able to make use of," he said.

MacPherson said the tweets served as another set of objective eyes, allowing him to catch things he and his co-counsel may have missed.

Kennedy said allowing Twitter into the courtroom is part of the legal system's quest to improve access to justice.

"That's not just a matter of making it easier for people to come before the courts ... but also better communication of what we do," he said.

THE CANADIAN PRESS



Regulations in Nova Scotia were changed in mid-May to allow electronic communication — tweeting or texting — for any purpose, including publication, from a courtroom unless banned by presiding judge. METRO FILE

Australian company buys Bear Head LNG project

Australia-based Liquefied Natural Gas Ltd. announced Monday it is purchasing a potential natural gas export site in Nova Scotia from a subsidiary of Anadarko Petroleum Corp.

for \$11 million.

The company says the deal to buy the Bear Head LNG project outside Port Hawkesbury is scheduled to close at the end of next month.

The 100-hectare site includes land zoned for industrial purposes and there are two foundations in place for LNG tanks.

Liquefied Natural Gas Ltd.

says the project could lead to exports of LNG to European markets.

Anadarko Petroleum Corp. mothballed its plans for an LNG plant at the site seven

years ago due in part to difficulties in accessing a supply of the fuel. Liquefied Natural Gas Ltd. says it is in talks with several potential suppliers.

The warden of the Rich-

mond County municipality welcomed word of revived interest. "Any time there is potential development in the Strait Area it's exciting news," said Steve Sampson. THE CANADIAN PRESS



Change your life and the lives of others.

Become a Disability Support Worker!

Train how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

Take this 42 week program and finish in less than a year!

Limited seats available for Sept. Don't waitlist at another college!

Call or Click Today

463-6700 maritimebusinesscollege.com

Lobster levy prompts confusion, clarification

Complaints from fisheries groups that they weren't consulted about a lobster marketing levy left Nova Scotia's fisheries minister scrambling Monday to clarify remarks he made about the proposal last week.

Organizations representing fishermen and processors expressed surprise over news the government was preparing legislation for the fall that would allow it to collect a five-cent levy.

A three-member panel that reviewed the lobster industry in November proposed a two-cent levy to boost marketing efforts, with one cent coming from fishermen and the other



Fishing boats sit loaded with lobster traps in Peggy's Cove. THE CANADIAN PRESS FILE

from buyers and processors.

Fisheries Minister Keith Colwell said last Thursday that the government will introduce a five-cent levy, with the extra three cents going toward quality assurance.

On Monday, Colwell said the

five-cent levy would be part of a pilot project to be conducted in a region not yet identified. Details will be announced once a memorandum of understanding is signed.

He said the money would help to improve quality by adopting standards "from the boat to the plate."

Ashton Spinney of the L-34 Management Board in southwestern Nova Scotia, the province's largest lobster fishery, said he isn't sure what Colwell means when he speaks of quality assurance.

"That's got such a wide range on it I wouldn't even dare to guess," Spinney said.

THE CANADIAN PRESS

**YOU PAY
WHAT WE PAY***

EVERYONE



**HURRY IN AND MAKE YOUR BEST DEAL TODAY AT O'REGAN'S ON ROBIE
EMPLOYEE PRICING ENDS JULY 31ST**

2014 SIERRA DOUBLE CAB 2WD

6-SPEED AUTOMATIC TRANSMISSION • 4.3L ECOTEC V6 WITH ACTIVE FUEL MANAGEMENT • AIR CONDITIONING • POWER WINDOWS WITH EXPRESS FEATURE • POWER DOOR LOCKS • TILT STEERING • CRUISE CONTROL • AM/FM STEREO WITH 4.2" COLOR SCREEN, USB & SD COMPATIBLE • ELECTRONIC STABILITY CONTROL • 40/20/40 SPLIT FRONT BENCH SEAT WITH FOLD DOWN STORAGE • 34MPG HWY

3 YEAR/60,000KM NEW VEHICLE WARRANTY
5 YEAR/160,000KM POWERTRAIN WARRANTY
5 YEAR/160,000KM ROADSIDE ASSISTANCE
2 YEAR/40,000KM FREE SCHEDULED LUBE, OIL & FILTER



\$0

DOWN

INCLUDES TRUCK OWNER BONUS

LEASE FOR ONLY

\$129*

BI-WEEKLY + HST
FOR 36 MONTHS

UPGRADE TO

4X4

5.3L Ecotec V8
+ Trailer PKG

FOR ONLY

+ \$10* B/W + HST

2014 BEST NEW PICKUP

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA



O'REGAN'S
DRIVING HIGHER STANDARDS

CHEVROLET | BUICK
GMC | CADILLAC



GMC



2477 ROBIE STREET, HALIFAX • 422-8551 • OREGANSONROBIE.COM

*36 month lease includes freight and allows 20,000kms per year. Delivery fees and first payment are due at signing. Fuel Rating based on 2014 Energuide rating. Limited supply, offer ends on July 31, 2014.

Israeli military warns Hamas: 'What is coming will be worse'

Gaza crisis. Israeli PM says his country needs to be 'ready for a prolonged campaign' as attacks from both sides mount

Israel's prime minister warned Monday that the country faced a prolonged campaign against Hamas in the Gaza Strip, as the military urged residents in parts of the embattled territory to evacuate ahead of what appeared to be a broadening of the three-week war.

"What is coming will be worse," the Israeli military said in phone messages targeting Gaza militants.

Israeli leaders have been mulling whether to expand the assault against Hamas in Gaza or respond to international calls for a truce.



Relatives help Hazem Eshbair, who lost two of his children in an explosion at a park at Shati refugee camp in the northern Gaza Strip on Monday. Israeli and Palestinian authorities traded blame over the attack that also claimed eight others, and fighting raged on despite a major Muslim holiday. ADEL HANA/THE ASSOCIATED PRESS

The international community has so far been unable to bring about a ceasefire that would end the fighting,

which has already killed at least 1,050 Palestinians, 52 Israeli soldiers and three civilians on the Israeli side.

But with attacks mounting from both sides Monday, and Israel and Hamas far apart on terms for a truce, a

ceasefire appeared elusive.

"We need to be ready for a prolonged campaign," Israeli Prime Minister Benjamin

Quoted

"God help us. We have nothing to do but pray."

Jabaliya resident Sufian Abed Rabo, who said his family of 17 has taken refuge underneath the stairway in the building of their home, which they rebuilt after it sustained damage during the 2009 war in Gaza.

Netanyahu said. "We will continue to act aggressively and responsibly until the mission is completed to protect our citizens, soldiers and children."

Hamas spokesman Sami Abu Zuhri struck a defiant tone in response to Netanyahu's warnings.

"His threats do not scare Hamas or the Palestinian people, and the occupation will pay the price for the massacres against civilians and children," he said.

THE ASSOCIATED PRESS

China

Police take down church's cross amid crackdown

Hundreds of police took down a church's cross on Monday in a city known as "China's Jerusalem" for its many houses of worship amid a crackdown on church buildings in a region where thousands are embracing Christianity.

Evangelist Qu Linuo said police used a crane to remove the three-metre-tall red cross from its steeple.

THE ASSOCIATED PRESS

Pakistan

Mob burns down Ahmadi homes over allegations of blasphemy

A Pakistani mob burned down homes belonging to the minority Ahmadi sect in the country's east, killing a woman and her two granddaughters in riots following rumours about blasphemous postings on Facebook, police said Monday. The victims died of suffocation, police said, adding another woman miscarried during the riots. THE ASSOCIATED PRESS



Getting serious about the safety of children in cars

This photo provided Monday by the Frederick County, Md., health department shows car decals warning people not to leave children alone in cars. The Alliance of Automobile Manufacturers is offering the free decals for distribution through public health agencies, schools and daycare centres in the Washington, D.C., area and to the public on its website. FREDERICK COUNTY, MD., HEALTH DEPARTMENT/THE ASSOCIATED PRESS

Finance memo warns of Bitcoin's illicit potential

The high level of anonymity and lack of regulation associated with Bitcoin transactions may make the virtual currency "an attractive payment method for criminals," warns a newly disclosed Finance Department memo.

The internal memo, prepared for former finance minister Jim Flaherty, says while the degree of criminal activity involving Bitcoin is unclear, some have raised flags about its potential to fund illicit behaviour.

Bitcoin is a digital currency exchanged through computer transactions without the oversight of a central bank.

Users can install a Bitcoin wallet on their computer or mobile phone, which will generate a special address to which others can send payments.

"With the press of a computer button, you've transferred the value," said Christine Duhaime, a lawyer and certified financial-crime and anti-money-laundering specialist.

Transactions are sent to a public network for verification. As the memo to Flaherty notes, although both parties' Bitcoin and Internet Protocol, or IP, ad-



This April 2013 photo shows bitcoins in Sandy, Utah. A lack of regulation and high level of anonymity may make the virtual currency "an attractive payment method for criminals," former finance minister Jim Flaherty was warned by senior officials in a recently declassified memo. RICK BOWMER/THE CANADIAN PRESS FILE

dresses are transmitted to the public network, no additional information is provided about either user.

Various Bitcoin exchange services allow users to convert local currency into bitcoins, or vice versa.

"Virtual currencies such as Bitcoin have been criticized for their potential to fund illicit activity, such as money laun-

dering and terrorist financing," the memo to Flaherty says.

The May 2013 memo to Flaherty, who died last April, was released under the Access to Information Act.

It was among several internal notes — including an RCMP analysis — revealing concern among federal officials about Bitcoin and other virtual currencies. THE CANADIAN PRESS

Fist bumps spread fewer germs than handshakes: Researchers

Bump it — it's safer.

Researchers say smaller amounts of surface area in contact makes fist bumping more sanitary than handshakes, high-fives

When it comes to preventing the spread of germs, maybe the president is on to something with his fondness for fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps — popularized by U.S. President Barack Obama and others — seem to be the wisest greeting, especially during cold and flu season, said researcher

David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. But the researchers realized that while a lot of research focused on hands getting germ from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

Whitworth and a student, Sara Mela, shook hands, fist-bumped and high-fived each other dozens of times for the research. One wore a glove covered in bacteria, while the other had a clean sterilized glove. After each greeting, they measured how much bacteria had been transferred.

The smaller amount of surface area in contact makes the fist bump more sanitary, an analysis suggests. The researchers did practice runs with paint to measure how much surface area each form of greeting involved.

THE ASSOCIATED PRESS



U.S. President Barack Obama fist bumps a young boy at the White House in 2011. Scan this photo with your Metro News app to see a gallery of President Obama's iconic and germ-conscious fist bumps. CHIP SOMDEVILLA/GETTY IMAGES FILE

Mountainous error. Mount Edith Cavell not on the \$10 bill after all

The Bank of Canada is making a molehill out of a mountain.

The central bank had claimed that its new plastic \$10 bank notes included an image of majestic Mount Edith Cavell, a prominent peak in the Canadian Rockies south of Jasper, Alta.

But a sharp-eyed professor in Toronto, who had hiked the mountain with his family, thought something was amiss when the image matched neither his memory nor his photos.

Hitesh Doshi contacted the Bank of Canada by email last November, shortly after the new \$10 notes were released, to say something was off. He kept getting the runaround until last week.

That's when the central bank quietly changed its website, removing Mount Edith Cavell and several other peaks from its official description of the back of the \$10 bank note, replacing them with some other peaks.

It also sent Doshi a short email, finally acknowledging



\$10 bank note. THE CANADIAN PRESS

the error.

"One of the memorable things for me in Alberta was visiting (Mount) Edith Cavell," he said of a visit with his family. "To us, it was a very memorable trip."

The mountain images on the back of the \$10 note, which also features a passenger train, were based on commissioned panoramic photographs, with images later cut and pasted to highlight certain peaks.

Edith Cavell, for whom the peak was renamed in 1916, was an English nurse during the First World War.

THE CANADIAN PRESS

**TOYOTA
2014
FACTORY
EVENT**

FREE FUEL

RECEIVE A GAS CARD
FROM O'REGAN'S TOYOTA
WHEN YOU PURCHASE
OR LEASE A NEW:



YARIS	\$300
COROLLA	\$250 + FREE WINTER TIRES
PRIUS	\$500
RAV4	\$700
CAMRY	\$700
TUNDRA	\$1,000
TACOMA	\$700
SIENNA	\$700
MATRIX	\$500
VENZA	\$700
FJ	\$1,000
4RUNNER	\$1,000

FOR JULY ONLY



**TOYOTA
DARTMOUTH
HALIFAX**

**HALIFAX
3575 Kempt Road
453-2331**

**DARTMOUTH
60 Baker Drive, Unit A
464-9550**

OREGANSTOYOTA.COM

Winter will be miserable.
You don't have to be.

Book your vacation early to lock in the lowest price.*



The WestJet Vacations Price Guarantee is back and like no other. Book your vacation package early and if the price drops after you book, we'll refund you the difference in WestJet dollars (excluding taxes and fees). The best part is you can take advantage of our Price Guarantee an unlimited number of times, with no refund maximum, up to 21 days prior to departure.

Limited time offer.
Book now at westjetvacations.com

WESTJET
vacations

*Offer valid on a minimum 3-night WestJet Vacations booking made between July 10, 2014 and September 30, 2014 (11:59 p.m. MT) inclusive, for travel from October 26, 2014 until April 25, 2015 inclusive. New bookings only. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when the guest calls 1-877-737-7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online, and the WestJet Vacations agent verifies the difference. Approved reimbursements will be issued in WestJet dollars for the value of the price difference on the base price of the package. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is available to WestJet Rewards members only. To join, visit westjet.com/rewards. Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details, please visit westjetvacations.com. ©Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.

metro

08

BUSINESS

metronews.ca
Tuesday, July 29, 2014



Long lines and big crowds pack the Yorkdale Mall in Toronto for Boxing Day shopping in 2012. Malls in big cities across the country are full, with high-end brands continuing to fuel growth, according to CBRE Group research. TORSTAR NEWS SERVICE FILE

Luxury stores still flocking to Canada

Trend. High-end retailers continue to look North, as major malls continue to grow to meet the demand

While big-box retailers such as Target have struggled to get a foothold in Canadian markets, demand for luxury retailers is strong and fuelling massive expansion projects at shopping malls across the country.

According to research by commercial real-estate company CBRE Group, more luxury retailers are predicted to arrive in Canada, albeit at a more moderate pace compared to the flurry of activity seen in the last three years.

The aftermath of the 2008 financial crisis and recession spurred a boom in retail de-

The top 2%

While stagnant wages, inflation and consumer debt have kept many shoppers just browsing, the appetite of well-heeled shoppers for luxury goods has been healthier.

- "If you're a luxury retailer, you don't care if sales have been growing by one per cent, you're only interested in the top two per cent of the population, and that group's doing fairly well, by and large," says CBRE's Ross Moore.

velopment, with foreign retailers, primarily American ones, turning their sights to Canada, and construction hasn't kept up with demand.

There is little to no vacancy

in highly sought-after shopping centres and neighbourhoods, according to CBRE's head researcher Ross Moore.

"We just don't have empty retail to speak of. (Across the country) malls are generally full. If you're a Spanish or Italian or U.S. retailer, you are going to be put off by that. Supply is the key. Until we build more, that's going to be a challenge."

The study, which measured the number and type of retailers that set up shop in 2013, found that luxury and high-end fashion brands constitute the majority of new arrivals in Canada.

In Toronto, top-tier malls Yorkdale and Sherway Gardens are simultaneously undergoing multimillion-dollar expansions to accommodate a new anchor tenant, the upscale U.S. department store Nordstrom. **THE CANADIAN PRESS**

The 65+ set

Medical costs later in life top worry: Poll

A new poll suggests that health and medical costs are the biggest financial worry for Canadians later in life.

The Bank of Montreal report, titled "Living to 100: The Four Keys to Longevity," found that 74 per cent of those recently polled foresee medical costs as their biggest expense in their senior years.

On average, those polled expect to spend \$5,391 in out-of-pocket medical expenses every year after the age of 65.

About 30 per cent believe they'll be paying between \$1,000 to \$5,000 in annual medical costs, 21 per cent say they have no guess, 20 per cent expect to spend under \$1,000 and 16 per cent say they expect to spend between \$5,000 and \$10,000. **THE CANADIAN PRESS**

Market Minute



DOLLAR
92.59¢ (+0.12¢)



TSX
15,445.22 (-9.82)



OIL
\$101.67 US (-\$0.42)



GOLD
\$1,303.30 US (unchanged)

Natural gas: \$3.75 US (-\$0.01)
Dow Jones: 16,982.59 (+22.02)

Not Just Your Local Collision Centre...

CARSTAR
Collision & Glass Service

where accidents unhappen.

Also Offering:

- Oil Changes from only \$39.95
- Motor Vehicle Inspections (including RV Trailers)
- 4 Wheel Alignments
- Complete Steering & Suspension Repairs
- Full Air Conditioning Service
- Automotive Detailing
- Trailer & RV Repairs/Supplies

and more...

Heritage CARSTAR Collision
50 John Savage Avenue, Dartmouth
Conveniently located in Burnside
(902) 469-8505 • heritagecarstar.com
Monday to Friday: 8 am – 5 pm



We service ALL makes and models

metro

THE HANDY POCKET VERSION!

Get the news as it happens



Download the Metro News App today at metronews.ca/mobile

NEED A RIDE?

Read metrodrive every Wednesday.

BETA WEDDING BANDS, ANYONE?

For those of us in our twenties and thirties, midsummer is the height of wedding season. Even if you haven't been invited to a real-life ceremony, it's impossible to escape the deluge of posed group photos and cutesy couple hashtags that take over Facebook and Instagram feeds every weekend.

Weddings might seem to be ubiquitous on social media, but a new U.S. survey suggests our generation isn't entirely keen on the idea of "till death do you part". Trend researchers recently polled 1,000 Millennials — defined as 18- to 34-year-olds — about their attitudes toward marriage and found that over 40 per cent believe vowing to stay together forever is an outdated tradition that should be abolished.

In the same study, participants were asked about their opinions on a few alternative marital models — because if so many of us think it's time to retire the "for as long as



SHE SAYS
Jessica Napier
metronews.ca

you both shall live" concept, perhaps we need to start making our own rules.

When asked about a variety of hypothetical arrangements, 21 per cent of respondents said they would consider what the researchers dubbed the "Presidential" approach, in which couples would vow to marry for a four-year term and then opt to either stay together or re-elect a new partner. Ten per cent of respondents liked the idea of a "Multiple Partner" model, while 36 per cent of people favoured the "Real Estate" approach — wherein marriage licences would be valid for five-, seven-, 10- or 30-year periods, after which the terms would be renegotiated.

The most popular model offered by the researchers was the tech-inspired "Beta" union, in which marriages would be subject to a trial period, much like a new app or software product. In this scenario, newlyweds would test-run the union for two years in order to

work out any kinks or bugs and then choose to proceed with the marriage or dissolve the partnership without any of the nasty consequences of a formal divorce.

Personally I think the concept of beta testing a marriage sounds a lot like living together. Common-law relationships tend to look and feel like a marriage but without the rings, the ceremonial paperwork and the expensive party.

So what can we take from the results of this study?

Are Millennials a generation of unromantic commitment-phobics, or are we justified in reimagining matrimony for the modern age? Monogamous lifelong marriages aren't for everyone, but that doesn't necessarily mean we should reinvent the entire cultural institution. Renewing your vows to solidify your commitment to one another is a romantic gesture, but I certainly don't think anyone would appreciate having to renew their marriage every five years like they would a driver's licence.

Every partnership is unique, and when it comes to governing your relationship it's up to you and your partner to create your own rules.

EID MUBARAK



People ride on bumper cars during an Eid celebration in Burgess Park on Monday in London, England. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan. For a photo gallery of Eid celebrations around the world, scan this image with your Metro News app.

DAN KITWOOD/GETTY IMAGES

Fast turns to feast for Muslims around the world, though wars cloud celebrations

Muslims celebrated the first day of the Eid al-Fitr holiday Monday, which marks the end of the monthlong fast of Ramadan. The three-day-long Eid al-Fitr holiday is a time to celebrate the completion of Ramadan, a month devoted to worship and repentance during which observing Muslims abstain from food and water

from sunrise to sunset every day.

Muslims in Indonesia, across the Middle East, parts of Africa, Europe and the U.S. marked Eid on Monday. Millions in Morocco, India and most of Pakistan were still fasting Monday and will likely celebrate Eid on Tuesday. That's because Muslims use a lunar calendar and a moon-sighting methodology that can lead to the month of fasting ending on different days.

Turkish President Abdullah Gul reminded people in his Eid message that though Turkey was enjoying a peaceful holiday, many of its neighbours were not. **THE ASSOCIATED PRESS**

Celebrations and sadness

"We just can't ignore that there are many, many people, not just in Palestine, that simply just can't even have a proper day to rest and mourn their dead."

Iman Eddbali, 26, a Muslim in Qatar, who said that the imam leading prayers in her local mosque urged worshippers to be happy for those who cannot be happy this year

METRO AUGMENTED REALITY

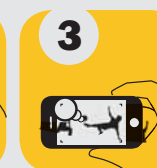
SEE THE NEWS COME ALIVE...



1
DOWNLOAD
METRO NEWS APP



2
FILL SCREEN WITH
IMAGE TO SCAN



3
METRO AR IMAGE
JUMPS TO LIFE



In this issue, you can find AR enhancements on page 7 in News, page 10 in Scene and page 13 in Life

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

Get inside before you start seeing sharks



ANDREW FIFIELD
andrew.fifield@metronews.ca

Watching skies become smeared with spooky clouds, bracing for a wall of rainfall racing toward you, breaking the oppressive humidity of scorching summer days — there's a lot to be said for taking a moment to enjoy some spectacular weather.

There needs to be some common sense involved, though. For example, if the plastic bags dancing on the breeze are replaced by barbecues, it's time to head inside. The same holds true if the sky sends an explosive bolt of lightning into your neighbourhood — wise advice that would have sent this Tennessee tornado-taper back to the house about 30 seconds earlier. (youtube.com/cfields33)



METRO PHOTO ILLUSTRATION



You Reddit right: Fans get Q&A with Seinfeld

You ask, he answers. As he promotes his new show, comedian takes to the web to answer fan questions

LISA WEIDENFELD
Metro World News in New York

Jerry Seinfeld returned to the hallowed halls of Reddit to do another Ask Me Anything after doing one last January. He's promoting his new show, *Single Shots*, which is a spinoff of his current Comedians in Cars Getting Coffee. After assuring one Redditor that "conversations are taking place" regarding getting Seinfeld to Netflix, he got down to the important stuff. Here are some of the more non sequitur highlights. There were a lot of food questions.

I noticed you are left-handed, but in *The Understudy* episode you threw with your right hand. Ambidextrous?
I am ambidextrous! Good observation.

In *Seinfeld*, I've noticed the hat behind your computer randomly switches from Mets to Yankees. I know you are a huge Mets fan so I've always wondered the reason for this.
Because Larry David was a Yankees fan, so we kind of would go back & forth.

What is your most memorable scene from *Seinfeld* that had to be re-shot the most



Jerry Seinfeld won't eat cereal with you, in case you wondered. GETTY IMAGES

because everybody kept laughing?

When Frank Costanza, George's father, said to Elaine "Do you want a piece of me?" when he thought that she wanted to have a fistfight. That one, we had to do over and over because nobody could stop laughing. Every time Jerry

Stiller would say "Do you want a piece of me?" we had to stop. **I recently realized that if we don't have milk in our fridge in the morning, on a scale of one to 10, my day only has the potential of reaching a six. What's that one thing for you that curbs how well your day can go?**

AUGMENTED REALITY

→ Mmmm, donuts! Scan this photo with your Metro News app to see a video of Jerry Seinfeld, Tina Fey, Brian Regan, and Sarah Silverman chat about this kind of snacks.



→ See the full instructions on Metro's Voices page.

The quality of the coffee. I didn't really used to drink coffee in the '90s, whenever we would sit in the coffee shop on the show I wouldn't drink coffee, they would put coffee in the cup so it looked like I was drinking it, but I wouldn't drink it. I don't know what changed. But I got into it, in the '90s and I finally figured out why everybody was interested in it, and then I became obsessed with it. There's just — as Duke Ellington famously said — "there's only two kinds of music, good and bad," and it's the same with coffee.

Two of my dreams are to be accosted by Larry David on the street and to eat cereal with you. Which is more likely to happen?

Neither, I think your life will go on as it's been and you will never reach these peaks. My Reddit associate suggests I throw you a bone. I think there's a possibility of that happening. If I had a bone, and I saw you, I would throw it at you.

DVD review



The Other Woman

Director. Nick Cassavetes

Stars. Cameron Diaz, Leslie Mann, Nikolaj Coster-Waldau

The main actors — Cameron Diaz, Leslie Mann and Kate Upton on one side, *Game of Thrones*' Nikolaj Coster-Waldau on the other — all figure they're making a big studio romantic comedy. Director Nick Cassavetes isn't so sure. One moment he's indeed making that studio rom-com, hitting beats with yuks about public drunkenness, projectile bodily fluids, inconvenient pet pooches and smartass secretaries. The next he's drifting along with a serious drama about infidelity that's more in line with the indie film world that Cassavetes (*The Notebook*, *She's So Lovely*) hails from. Gawking at this mess does make for an interesting sit, though, much like watching a slow-motion train wreck. And the pairing of Diaz and Mann, both great comic actresses, suggests the two could really click in a better movie written to properly showcase their talents. *The Other Woman* raises serious issues of how men treat women, and how women react to infidelity that the more serious side of Cassavetes might have profitably explored.

PETER HOWELL



Actor portrayals.

Pursue a rewarding career in law and justice.

Complete a 2 year program in just 60 weeks.

Limited seats still available for the fall. Don't wait... call or click TODAY!



Success College
Get Ready.

Corrections and Policing | Paralegal Plus

successcollege.ca 902.865.8283

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cara De-loving? Bieber not a-Justin well to Gomez's galpal



NED EHRBAR
Metro in Hollywood

Justin Bieber is apparently none too thrilled that on-again, off-again girlfriend Selena Gomez appears to be total BFFs with model Cara Delevingne, according to the Sun. "Justin has called Cara on more than one occasion, wanting to know what's going on. It's been clear that he's had a drink beforehand, too." I can understand Bieber's con-



cern. Delevingne, you see, was most recently dating actress Michelle Rodriguez, and while the same source accusing Bieber of drunken, paranoid phone calls claims the relationship between

Delevingne and Gomez is clearly platonic, Gomez did date Bieber for a long time. And anyone who's seen the website Lesbians Who Look Like Justin Bieber knows where I'm going with this.



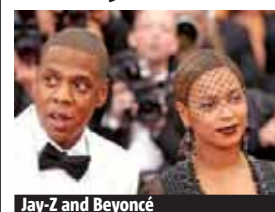
Ashton Kutcher and Mila Kunis ALL PHOTOS GETTY IMAGES

That '70s wedding: Cast of show to play big part in Kunis-Kutcher nuptials

Fans waiting to see Ashton Kutcher and Mila Kunis walk down the aisle are going to have to sit tight for another 12 months, as the engaged expectant parents are reportedly looking at a July 2015 wedding date, according to Radar Online. "The wedding will be next July. They want to focus on their daughter first and having it next sum-

mer seems logical," a source says. "They won't have a big production but it will be elaborate. The wedding party will consist of the cast of That '70s Show as they are all very close. They still hang out with the original cast all the time. Most likely Danny Masterson will be the best man because him and Ashton are like brothers."

Did pop's reigning duo ditch West's wedding to stay cool?



Jay-Z and Beyoncé

New details are leaking out as to why Jay-Z and Beyoncé sat out pal Kanye West's recent wedding: Apparently they were too good for it. "Beyoncé wasn't going to allow (West's new bride) to socially climb her. They are guarding like hell their status," a source tells Page Six. "Jay didn't want Kanye with (the bride). He thinks it's bad for business. I think Jay lost a little respect for Kanye there." Advantage: Jay and Beyoncé.



RBC Royal Bank



\$50
TO PROVE ALL BANKS ARE NOT THE SAME.
AND MAY THE BEST BANK WIN.

TAKE THE RBC® BANKING STATEMENT CHALLENGE*.

Save on your everyday banking. Bring us your last monthly bank account statement from your other bank, and get a \$50 Visa® gift card. No product purchase necessary.

NO STRINGS ATTACHED.

Visit a branch, go to rbc.com/get50 or call 1-866-583-9128 to make an appointment.

*The RBC Banking Statement Challenge applies to non-RBC banking statements for your personal, everyday banking accounts, sometimes called a personal chequing account and not to savings accounts. Offer available at participating branches in Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. Client must be 18 years of age. Clients who already have an existing RBC Personal Banking Account are not eligible. Free \$50 VISA gift cards available while quantities last. Limit one gift card per person. Offer ends July 31st, 2014 and may be withdrawn or amended at any time without notice. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. All other trademarks are the property of their respective owner(s).

Audrey Domestic Short Hair

Beautiful Audrey – with her mellow, happy & affectionate personality - is on a journey to find her ideal, loving forever home. She cheerfully greets visitors and enjoys being petted and having her head rubbed. Audrey first came to the shelter after being seized from a home as part of a cruelty investigation, which explains why she tends to over-groom... this tendency is often associated with stress. For this reason, she would prefer a quieter home where she can feel safe. **Please come to meet this sweet darling today.**



For more information on **Audrey** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



5686 Spring Garden Rd. 490-9900
278 Lacewood Dr. 431-8665
96 Tacoma Dr. 435-9748
75 Peakview Way 835-3224
961 Bedford Hwy. 406-4470
752 Sackville Dr. 869-9050
Fall River 860-1772



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

What you don't know can hurt you

Skin cancer. Here is everything you don't know (but should!) about sun safety

MEREDITH ENGEL
life@metronews.ca

You know to apply (and re-apply) sunscreen.

But what you don't know about sun protection could mean the difference between a summer on the beach and one on the operating table.

We asked experts to fill us in on the beyond-basic skin rules you need to know for protecting yourself this summer.

You need sunscreen every single ... day.

Yes, even when it's cloudy, raining, sleeting; you get the idea. The sun beams out UVA and UVB rays. The latter are the sun's most damaging rays during the summer months, in the middle of the day, says Dr. Neal Shultz, a New York City dermatologist. But it's the UVA rays that are "more plentiful and present all year long, and at all times of the day, and much more important in causing premature aging and causing skin cancer," he says.

Put your sunscreen on as the first layer of products you apply to your face. That means it goes under your makeup, ladies.

You're sweating off your sunscreen more than you think

You want to reapply after you go for a dip and after you get sweaty. But even if you're just lounging around, you still need to reapply every two to three hours "because there's something called insensible perspiration, which invisibly washes away the sunscreen,"



Applying sunscreen isn't enough when it comes to sun safety. ISOCK

says Shultz. This is when your body doesn't realize it's sweating "because [the sweat's] evaporating before it collects on your skin." It's a necessary part of your skin's breathing process, but it makes the sunscreen you've got on obsolete.

You don't need SPF 100

You might think you're doing

your body some extra good, but even a 15 provides almost 90 per cent coverage from the sun's rays (an SPF 30 provides more than 95 per cent coverage). But don't get too cosy, regardless of the number:

"Whether the SPF is 15, 30 or 100, it needs to be reapplied with the same frequency," Shultz says.

Boozing? You're

more likely to burn

Nothing beats laying poolside with a cocktail, but when you're drinking, your skin is way more vulnerable to the sun. That's because alcohol dilates your blood vessels, meaning there's more red in your skin, and "the pinker the skin, the closer the blood cells are to the surface — and therefore, they absorb more damaging UV," Shultz says.

You can get skin cancer in spots that aren't exposed to

the sun

Even if you're not sunbathing in the nude, you can still get skin cancer in your groin and anus (apologies for the visual). Other weird places you can get it? Your mucus membranes, like inside your nose and mouth. Have a dentist check inside your mouth for splotches, recommends Dr. Sapna Patel, assistant professor of melanoma medical oncology at the University of Texas MD Anderson Cancer Center.



ocean OPTOMETRY

(902) 446-4470 • Eye Exams • Fine Eyewear • Contact Lenses • oceanoptometry.ca

TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

101.3 THE BOUNCE

- 6 Tiesto Wasted
- 5 Demi Lovato ft Cher Lloyd Really Don't Care
- 4 Disclosure ft Sam Smith Latch
- 3 Kiesza Hideaway
- 2 Ariana Grande ft Iggy Azalea Problem
- 1 Sam Smith Stay With Me

1013TheBOUNCE.com | info@1013thebounce.com

Score duck — and creativity points



This recipe serves four. THERESA ALBERT

Herb-Marinated Duck Breast with Orange Reduction. An easy trick will help to get rid of some of its fat, making duck a unique choice

Duck has an unearned bad name for being difficult and fatty. However, making shallow cuts in the duck breast — called scoring — helps it to release the fat during cooking.

It is the only trick you need to know. That's because this wee secret means you have another weeknight meat to serve.

1. Make shallow slices through skin of duck breast. Mix all marinade ingredients together and let marinate overnight, in a bowl covered with plastic wrap in the fridge.

2. Bring honey to boil and add

Ingredients

Marinade

- 2 duck breasts (6-8 oz each)
- 2 sprigs fresh thyme, finely chopped
- 6 basil leaves, finely chopped
- 2 sprigs parsley, finely chopped
- 1 sprig rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil
- Salt/pepper to taste

Orange Reduction

- 1 cup honey
- 3 navel oranges (cut into quarters with skin on)
- 1 onion, peeled and diced
- 1 cup orange juice
- 1 bay leaf
- 10 peppercorns

rest of ingredients. Mix and let cook over medium-low heat for 30 minutes. Strain.

3. Heat oven to 400 F. Add oil to pan and place duck breasts in skin side down. Let sear for

AUGMENTED REALITY

→ What the duck? Scan this photo using your Metro News app to follow along as Theresa Albert learns more about duck meat and how these birds are raised!



→ See the full instructions on Metro's Voices page.

2-3 minutes or until golden brown. Flip and place into a 400 F oven for 9 minutes. Remove from oven and let stand for 2 minutes to let the juices flow evenly throughout the breasts. Slice thinly into strips and drizzle with honey glaze. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM/ RECIPE COURTESY OF STE. ANNE'S SPA IN GRAFTON, ONT.

Health Solutions

This fowl has a foul rap

Duck breast can offer variety to any restaurant menu or kitchen table.

The misperception that duck is a higher calorie meat than, say, chicken, is way overblown, says Chef Christo-

pher Mark at Ste. Anne's Spa in Grafton, Ont. It is fattier but the fat renders easily and can be skimmed off before serving, thereby making them almost the same. The richness of duck's flavour means that you can serve less and feel just as satisfied.

Roasting a whole duck is just as easy as roasting a

chicken. The only trick is to score the skin to let the fat drip out. Be sure to line your roasting pan and catch the drips. Don't be tempted to add liquid to the pan to make a jus, it will sputter and spatter something awful.

Serve something sweet on the side since duck pairs well with fruit. THERESA ALBERT

Walmart 
Save money. Live better.



SAVE WITH
COUPONS



Clip online, redeem in store

VISIT
WALMART.CA/COUPONS

to print or mail national coupons from top brands,
redeemable at any Walmart Canada store.



Get ready for
campus life
Shop Walmart.ca

FREE delivery*
to your home or dorm

*STANDARD SHIPPING ONLY.
EXCLUDES SOME REMOTE MARKETS.

Clayton punches ticket to quarters

Commonwealth Games. Dartmouth boxer beats Bahamian in round of 16



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Custio Clayton punched his ticket to quarter-finals Monday at the 2014 Commonwealth Games, but despite winning two straight bouts, the 26-year-old Dartmouth boxer is still taking it "one fight at a time."

"It feels good," Clayton said Monday from Glasgow, Scotland, shortly after beating Bahamian boxer Carl Heild 3-0 in the 69-kilogram bracket.

Clayton also defeated Jonathan Francois of Grenada 3-0, another unanimous decision, in his first fight of the Games last Friday.

"I've never been there before," he said of reaching the top eight in the welterweight boxing division at the prestigious international event.

Clayton made it to the round of 16 at the 2010 Commonwealth Games in New Delhi, India, winning his opening fight but losing his second.

Since then, however, he's fought his way into the quarter-finals at the 2012 Olympic Summer Games in London and claimed third place at the 2013 Pan-American Championships in Santiago, Chile. He's also a six-time amateur national champion.



Dartmouth's Custio Clayton lands a punch on Grenada's Jonathan Francois during their welterweight boxing match at the Commonwealth Games Glasgow, Scotland, on Friday. Clayton followed up his win over Francois with another on Monday against Carl Heild of Bahamas. ANDREW VAUGHAN/THE CANADIAN PRESS

Track the results

Follow Team Canada's journey at the 2014 Commonwealth Games in Glasgow, Scotland, at www.commonwealthgames.ca.



Clayton's goal going into Monday's fight was simply "to stay focused and do what I have to do."

That attitude earned Clayton his spot in the ring against

Steven Donnelly of Northern Ireland this Wednesday.

"The atmosphere is amazing," Clayton, who trains out of the City of Lakes Boxing Club, said of his second Commonwealth Games experience, adding the weather in Scotland's largest city has been "pretty good."

Clayton also cheered on fellow Nova Scotian Brody Blair on Monday, but the 22-year-old Lyons Brook boxer fell in the 75-kilogram middleweight class to Benny Muziyo of Zambia.

The loss was a technical knockout "due to a cut," according to Commonwealth Games Canada.

Clayton said his Canadian teammate "fought very well" despite the match being called.

Although he's taking the road to potential Commonwealth Games gold "one step at a time," Clayton hopes to make both his province and country proud.

"I have had so many people back home support me," Clayton said. "It just makes me work harder."

Champions for Change

All-stars raise funds for at-risk youth

An all-star team is coming together tonight to help Halifax's at-risk and homeless youth "rise above."

The second annual Champions for Change fundraiser hosted by non-profit group Phoenix Youth Programs kicks off at 4:30 p.m. inside the Halifax Metro Centre with a kids' zone hosted by the Halifax Mooseheads, and continues through 9 p.m. with a star-studded dinner featuring interview panels with hometown hockey heroes.

Special guests include up-and-comers such as Calgary Flames draft pick-Mason McDonald, Stanley Cup champions such as Brad Marchand of the Boston Bruins, and international achievers such as Lisa Haley, who won gold at Sochi 2014 as assistant coach of national women's hockey team.

"There are a lot of fundraising events that aren't accessible to children and families, whereas this (includes) everyone from the business community to kids that are hockey fans," Phoenix director of development Kim Morvan said Monday. Proceeds go toward programs ranging "from prevention and community outreach to crisis, so things like 24-hour emergency shelter."

Tickets are still available by going to www.phoenix-youth.ca.

KRISTEN LIPSCOMBE/METRO

Commonwealth Games

Halifax gymnast vaults Canada into 4th in team event

Halifax gymnast Ellie Black helped the red and white to fourth place in the women's team competition Monday at the 2014 Commonwealth Games.

The Canadian ladies have garnered a 79.732 score after the uneven bars and vault.

England currently leads with 85.390 points, followed by Australia claiming second and Wales in third.

Black, 18, placed second in the vault Monday to snag a spot in the individual final and is currently ranked fourth overall.

Beam and floor are the final two events and take place Tuesday in Glasgow, Scotland. **METRO**

Rainmen hire ex-retail exec as new CEO

The Halifax Rainmen are hoping their new CEO's passion for both basketball and business will help them build a winning team.

The National Basketball League of Canada franchise announced Monday that Charmaine MacIsaac, a longtime senior executive with Sears Canada and a former competitive cager herself, has been hired to help lead the Rainmen into their upcoming eighth season and beyond.

"We need to take the entire company to another level — the business, as well as the product on the floor," Halifax

Rainmen owner and president Andre Levingston said Monday.

Having MacIsaac at the helm of day-to-day operations will help him "focus on getting the club back to where we need it to be."

The basketball club finished the 2013-14 regular season with an 11-29 record, and was knocked out of the playoffs by the Island Storm in the second round.

MacIsaac grew up playing the game in the British colony of Rhodesia (now Zambia and Zimbabwe) and even played centre on the national team there.

Quoted



"We've got our own professional basketball team, right here in our city.... We need everybody to support them."

Rainmen CEO Charmaine MacIsaac

"We played South Africa, we played Mozambique, we played Portugal," she recalled Monday.

MacIsaac moved to Canada

in her 20s, has lived in Winnipeg, Halifax and Toronto, and worked for more than three decades in business operations. She moved back to Halifax a couple of years ago with husband Wilf MacIsaac, who is director of sales and corporate sponsorship for the Rainmen.

"I understand (and) love the game," said MacIsaac, adding she hopes more Haligonians give the sport a try, whether watching their professional team or taking to the court.

"Anybody can play basketball," she said. "It's a well-skilled game, and it's fun."

KRISTEN LIPSCOMBE/METRO

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You will get more out of being sociable today than by sitting at home. Someone you meet on your travels will open your mind to new ideas and new possibilities.

♉ Taurus

April 21 - May 21

If you want something enough, you will find a way to get it. If you have the courage to take a risk, you may hit the jackpot. Listen to your instincts — always.

♊ Gemini

May 22 - June 21

The closer you work with other people today, the more likely it is you will share in something that brings great benefits to everyone, both personal and professional.

♋ Cancer

June 22 - July 23

You need to find a place where you can be alone with your thoughts. The more you contemplate the meaning of life over the next few days the more life will bless you later.

♌ Leo

July 24 - Aug. 23

Life is getting faster and there will be no let-up over the next few days. One thing you won't be bored. It will all be great fun, though.

♍ Virgo

Aug. 24 - Sept. 23

The changes that are taking place in your life are quite natural and should not be resisted. Everything is all right.

♎ Libra

Sept. 24 - Oct. 23

Have faith in your own ideas and don't be afraid to take a risk. Deep down, you know you're on the right track.

♏ Scorpio

Oct. 24 - Nov. 22

The planets make it easy for you to approach people in positions of power today. But your proposal must be well thought out. They won't be impressed if it is easy to pick holes in your plan.

♐ Sagittarius

Nov. 23 - Dec. 21

What can you do to make someone's life more exciting and fulfilling? Your kind words and good deeds will have a ripple effect, making you a force for positive change.

♑ Capricorn

Dec. 22 - Jan. 20

Something you are working on would benefit from a second opinion. You must listen to advice from those who have been there and done it before you.

♒ Aquarius

Jan. 21 - Feb. 19

It's OK to put your own interests first. It's good of you to want to help those in need but you have desires, too.

♓ Pisces

Feb. 20 - March 20

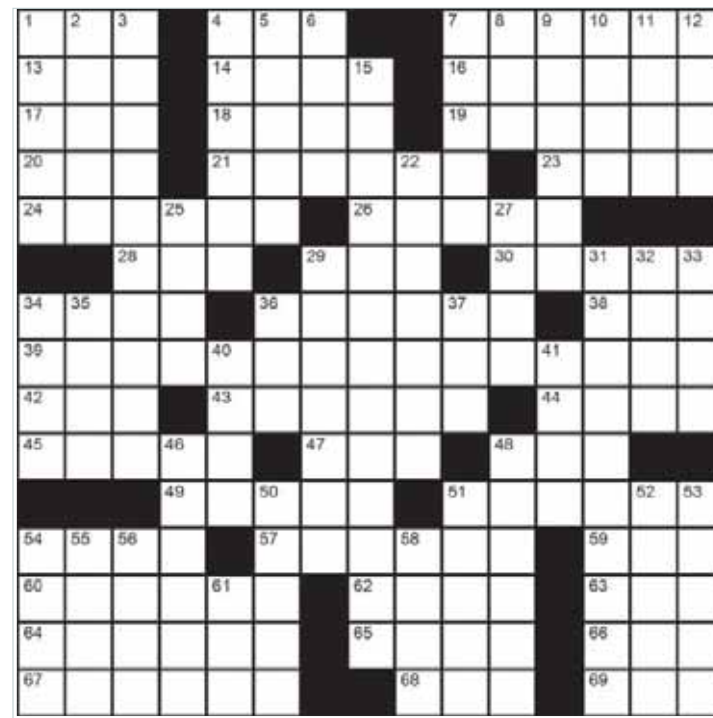
Let loved ones make their own decisions for a change. Too often, you have done everything for them. That's not good for you or them.

SALLY BROMPTON

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Play-__
4. Texter's incidentally
7. Tooth __
13. Compass point
14. "___ it Memorex?"
16. "Austin Powers in Goldmember"
17. 'RCMP', e.g.
18. Running shoe brand
19. Spanish airline
20. Bar beverage
21. Portage Ave.'s Winnipeg partner: 2 wds.
23. Grease
24. Poseidon: 2 wds.
26. __ rug
28. Quickly write down
29. Arcade Fire singer Mr. Butler
30. Door parts
34. Busy as __
36. Chocolate store-bought treat: 2 wds.
38. Norse Myth: Underworld goddess
39. Paleontology: Dig excitement causer!: 2 wds.
42. Famed tomb king
43. Retro sci-fi Hollywood offering, __
44. Egyptian goddess
45. Mode
47. "___-d-y." (How Canadian actress Ms. Crewson spells her first name)
48. Scoundrel
49. Ms Macphail,



Canada's first woman MP, in 1921
51. Atomic No. 16
54. Muscat is its capital
57. Actors Alan and Adam
59. Helios' 'H'
60. Aussie singer Ms Goodrem's

62. Eye part
63. Nero's 7
64. Refrain
65. Yep's opposite
66. Long ago
67. Compact
68. __ worth
69. Domicile [abbr.]
Down
1. "Lost in the Plot"

by Montreal band The __
2. Timely way to deliver lines: 2 wds.
3. __ The Queen
4. Witty remark: 2 wds.
5. Group of three
6. Collaborative web-site name prefix

7. Gives off
8. Calligrapher's prop
9. __ & Davide (Makers of Queen Elizabeth's signature black patent leather shoes)
10. Ms. Sorvino
11. Mideast chieftain, variantly

12. Guide
15. Kim Cattrall's new dark comedy on HBO Canada: 2 wds.
22. Becomes really clear: 2 wds.
25. Leaves
27. __ sax
29. Guy like Tom Hanks in "Sleepless in Seattle" (1993)
31. The Band song that ends with "But just before she leaves, she receives.": 2 wds.
32. Brand of skin lotion
33. Rock star Mr. Stone's
34. Times to follow moms
35. Concerning, fun-style
36. Alphabet sequence
37. Expert
40. Elvis hit: "___ of You"
41. Scientist's solution holder
46. Canadian sugar brand
48. __ apple
50. Mean
51. Sharpshoot
52. Handy
53. Viking maneuvers
54. Un-evens
55. Encounter
56. First 'A' of aka
58. Cast-__ pan
61. Call for

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

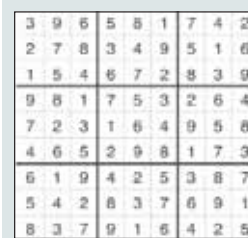


Sudoku

How to play

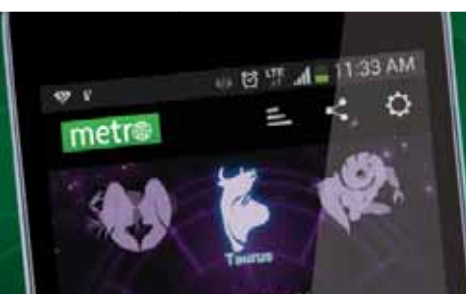
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App



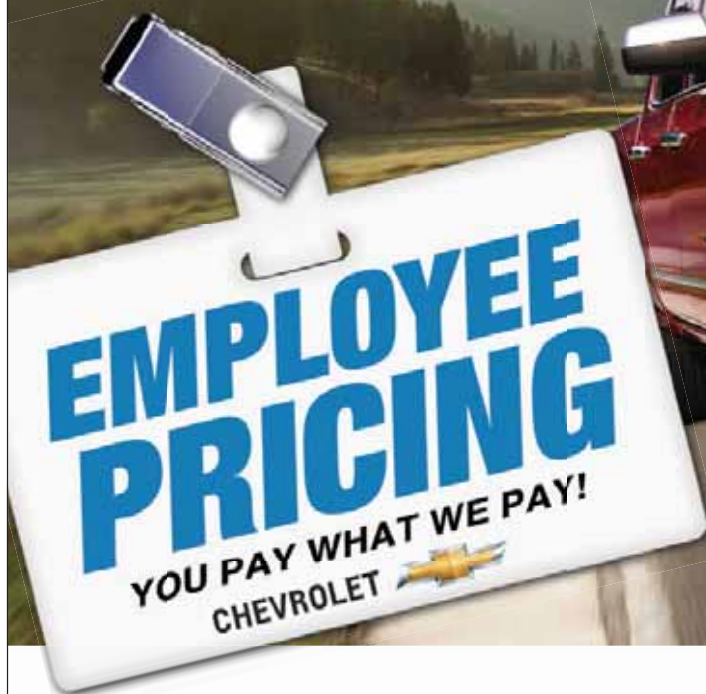
metro



Download the Metro News App today at metronews.ca/mobile

THE ALL NEW 2014 SILVERADO DOUBLE CAB

AT STEELE CHEVROLET



LEASE THE 2014 CHEVY
SILVERADO DOUBLE CAB

\$144 FR **WITH** **\$0** DOWN PAYMENT
BIWEEKLY*

- Air Conditioning
- 6-Speed Automatic Transmission
- ECOTEC3 4.3L V6 with Active Fuel Management® engine
- 71.1 litre Fuel capacity
- 17" x 8" polished aluminum wheels
- Cruise control
- Climate control
- Leather-wrapped steering wheel with audio controls
- No-Charge Bluetooth connectivity package
- Power adjustable mirrors



636 Portland Street
Dartmouth, Nova Scotia
Phone: 902.434.4100
Toll Free: 1.888.814.8882
www.steelechev.com

*TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES BASED ON 36 MONTH LEASE, 20,000KM PER YEAR.

